



Powerhouse Gym—Saginaw

2865 Bay Road
Saginaw, MI 48603
989-799-7880

Powerhouse Gym of Saginaw is pleased to offer State of Michigan employees discounted membership fee privileges. Any State employee presenting a State ID card will automatically qualify for a **\$240 per year paid-in-full membership**, a **nearly 15% discount** off our standard membership fees.

- No enrollment fees
- 1 month membership - \$58
- 3 month membership - \$119
- Option to upgrade from monthly membership

Offering the area's longest hours of operation:

Mon - Thu	5 AM - Midnight	Sat	8AM - 8PM
Fri	5 AM - 10 PM	Sun	8AM - 6PM

EQUIPMENT

- Tri-Cities' largest assortment of programmable, variable speed and resistance cardiovascular equipment including treadmills, elliptical trainers, total body elliptical trainers, and upright and recumbent bikes
- Wide variety of selectorized (pin-loaded) and plate-loaded strength training equipment

PROGRAMS

- **New member fitness assessment**, exercise program development, and equipment orientation
- **Group Exercise**: Low Impact Aerobics, Step Aerobics, Kick Aerobics, Resistance Aerobics, Boxing/Self-Defense Classes
- **Centurion Club**: Rewards development of habitual exercise through recognition and awards for 100+ club visits in any 12 month period
- **Elite Club**: Rewards setting and achieving personal health and fitness goals through recognition and awards for reaching any personal objective requiring more than 12 weeks to achieve

SERVICES

- Personal Training (nutritional planning, exercise program design, activity-specific performance enhancement, athletic performance center)
- Therapeutic Massage
- Kids Care Center

AMENITIES

Exercise clothing and accessories; performance beverages, snacks, & nutritional supplements; locker rooms, showers, & lockers.

<http://www.powerhousegym.com/>